

Rancho La Puerta Guacamole

This terrific guacamole is probably the Ranch's most enduringly popular recipe. Adding green vegetables to the avocado boost the nutritional value of the guacamole and reduces the fat content. Most importantly, it tastes great. The bright color of the peas makes the presentation more beautiful also.

1	garlic clove, minced	3 Tbs	cilantro, chopped
1	jalapeno chile, seeded & minced	1 medium	tomato, seeded and cut into 1/4" dice
1 cup	frozen peas, slightly thawed	1/2	red or sweet onion, cut into 1/8" dice
1 medium	Hass avocado, peeled and pitted	1/2 tsp	sea salt or to taste
2 Tbs	lime juice	1/4 tsp	black pepper, freshly ground



- 1 In the bowl of a food processor, mince the garlic and add minced jalapeno. Add peas, avocado and lime juice and process until smooth. Add in cilantro, tomato and onion and pulse until mixed. Season with salt & pepper. Place in serving bowl.
- 2 If the guacamole won't be served immediately, press a piece of plastic wrap directly onto the surface to prevent browning.

Servings: 6
Yield: 2 cups

Nutrition Facts

Nutrition (per serving): 79 calories, 39 calories from fat, 4.6g total fat, 0mg cholesterol, 189.2mg sodium, 279.3mg potassium, 8.6g carbohydrates, 3.7g fiber, 2.3g sugar, 2.3g protein.

Tips

Instead of peas, use 1 cup of well-cooked broccoli, edamame, or cooked asparagus tips.

Source

Author: Deborah Szekely and Deborah M. Schneider
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